



# Moccasin Trail

OHIA:HA / JUNE 2021

## Points of Interest:

- Parking Lot Bingo Dates
- Brenda's Retirement Party Invitation
- June Craft Kits
- World Elder Abuse Awareness Day
- Wisdom Warriors Workshop
- Exercise & Stress Article
- Emergency Broadband Benefit



## The Saint Regis Mohawk Tribe Proclaims June 15th to be World Elder Abuse Awareness Day!

Elder abuse can be defined as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person”. It is a global social issue which affects the Health and Human Rights of millions of older persons around the world, and an issue which deserves the attention of the international community.

In many parts of the world elder abuse occurs with little recognition or response. Until recently, this serious social problem was hidden from the public view and considered mostly a private matter. Even today, elder abuse continues to be a taboo, mostly underestimated and ignored by societies across the world. Evidence is accumulating, however, to indicate that elder abuse is an important public health and societal problem.

The Tribe recognized the importance of raising awareness, addressing and preventing elder abuse and as our population lives longer, we are presented with an opportunity to think about our collective needs and future as a nation and ageism and social isolation are major causes of elder abuse in Indian Country. It is up to all of us to ensure that proper social structures exist so people can retain community and social connections, reducing the likelihood of abuse and preventing abuse of older adults through maintaining and improving social supports like senior centers, human services and transportation. The Saint Regis Mohawk Tribal Council recognizes World Elder Abuse Awareness Day and proclaim that it shall be annually acknowledged on June 15 in the Akwesasne Mohawk Territory.



## Parking Lot **BINGO**

Monday's starting at 1:30 p.m.  
(ends by 3:00 p.m.)

June 7, 2021

June 14, 2021

June 28, 2021

10 games for \$20 a packet. First come first serve. No Bingo if temperature is over 90°.

Senior center is Closed on June 21st



## Legal Aid with Linda LaRue

Paralegal Linda LaRue from Canton is back taking appointments in our Sunroom. Call our Administrative Assistant Giselle to book an appointment at (518)358-2963. Linda is scheduled to be at the Senior center twice a month, the second and fourth Thursday of the month.

Thursday, June 10, 2021

Thursday, June 24, 2021



# Mother's Day



The Senior center surprised all of our mothers on our Home Delivered meal list and the Grab-n-Go mothers with mini potted flowers, we hope you all enjoyed them. Also, we did a draw giveaway of 5 gift bags that included a mug, tea, a candle and potpourri. The winners were Leona Cook, Sharon Thompson, Debbie Thompson, and Lynn LaFrance.



# Get Cool, Akwesasne

Older adults and people with certain medical conditions are at higher risk of heat-related illness. Spending at least a few hours in air conditioning is one of the best ways to protect yourself. Find out if your household is eligible to receive a Home Energy Assistant Program (HEAP) Cooling Assistance Benefit for the purchase and installation of an air conditioner or a fan to help your home stay cool.

## **Your household may be eligible for HEAP cooling assistance if:**

- You have not received a HEAP-funded air conditioner in 5 years
- You have no working air conditioners, or your air conditioner is at least five years old
- Your gross monthly income is at or below HEAP's monthly income limits
- You receive SNAP, Temporary Assistance or Supplemental Security Income Living Alone
- You and your household members are United States Citizens or qualified aliens
- A household member has a documented medical condition worsened by heat
- You received a regular HEAP Heating Benefit greater than \$21 this year

## **Tips to Get Cool:**

- Stay indoors in air conditioning for at least a few hours
- Drink plenty of cool non-alcoholic and caffeine-free liquids
- Talk to your doctor about how to stay hydrated and medications that make you sensitive to heat
- Avoid working or playing outside during the hottest part of the day (11:00 a.m. to 4:00 p.m.)
- Take a cool shower or bath








**To apply or get more information,  
Please call Tracy Holcomb at (518) 358-2834.**





# Ohiaari:ha/June 2021

<i><b>Kiokierénhton</b></i>	<i><b>Tekeníhaton</b></i>	<i><b>Ahsénhaton</b></i>	<i><b>Kaieríhaton</b></i>	<i><b>Wískhaton</b></i>
	<b>1</b> Beef Stroganoff with Brown Rice Mixed Beans Roll Peaches	<b>2</b> Chef Salad Cheese Filled Breadsticks Chocolate Pudding Apple	<b>3</b> Chicken Patty on a Bun Carrot and Celery Sticks Pickle, Cookie Banana	<b>4</b> Spanish Rice Broccoli Roll, Orange Ice Cream Sandwich
<b>7</b> Salisbury Steak with Mushroom Sauce Mashed Potatoes Carrots, Roll Fresh Fruit	<b>8</b> Sausage with Onions and Green Peppers on a Bun Coleslaw Chips Pears	<b>9</b> Chicken Tenders Sweet Potato Fries Green Beans Italian Ice Fruit Cocktail	<b>10</b> Chili Johnny Cake Melon Slices  <b>Legal Aid</b>	<b>11</b> Potato Crusted Cod Potato Wedges Broccoli & Cauliflower Roll Fresh Oranges
<b>14</b> Shake n Bake Chicken Wild Rice Mixed Veggies Roll Pineapple Chunks	<b>15</b> Ravioli with Sauce Side Toss Salad Garlic Bread Apple Pie	<b>16</b> Pork Chops Apple Sauce Stuffing Mix Veggies Brownie	<b>17</b> Adirondack Salad Cheese Stuffed Breadstick Mandarin Oranges	<b>18</b> Wall-eye Fry Potato Wedges Coleslaw, Roll Ice Cream Sandwich 
<b>21</b> <b>CLOSED</b> Staff Appreciation Day 	<b>22</b> Chicken Broccoli Alfredo Roll Fresh Peaches	<b>23</b> Baked Fish Fries Mix Veggies Cherry Crisp	<b>24</b> Mac n Cheese Stewed Tomatoes Roll Watermelon Chunks  <b>Legal Aid</b>	<b>25</b> <b>CLOSED</b> Planning Day 
<b>28</b> Cheese Chicken Casserole Broccoli Roll Apple Cobbler	<b>29</b> Hamburger Gravy over Boiled Potato Roll Peas & Carrots Cookie Pineapple Chunks	<b>30</b> Boiled Ham Dinner Roll, Cake with Strawberry Whipped Cream 	Call the Center if you will not be home for your Home Delivered Meal at <b>518-358-2963</b>  <b>NOTE:</b> Salads available, limited to 15 callers, first come, first serve.	

# June Craft Kits



Decorative  
Bee Skep



**We love the Bees and they  
are so important to our  
Environment.**

With this kit, you will be making your own decorative BEE Skep to put in your home, sunroom or garden. This kit is easy and helps fill some time while you enjoy the beauty outside. Call the Activity Department and reserve your kit Today. **518-358-2963 Ready by 6/4/2021**



Pictures of Completed Kits can be emailed to [katie.boots@srmt-nsn.gov](mailto:katie.boots@srmt-nsn.gov) or [joy.lazore@srmt-nsn.gov](mailto:joy.lazore@srmt-nsn.gov) to be used in the Newsletter.



## Retirement Celebration!

Your invited to join **BRENDA HATHAWAY** and coworkers at a celebration of her retirement! Dessert will be provided!

**Date: Monday, June 7, 2021**

**Time: 12:30 p.m.**

**Place: Senior Center Parking Lot**

If you need transportation, please call the center and we can arrange. Parking Lot Bingo will begin at 1:30 p.m.



Dorothy Cole's May  
Mason Jar Craft

# World Elder Abuse Awareness Day

## June 15th

Here are 12 things everyone can do to build community support and prevent elder abuse.

**Learn the signs** of elder abuse and neglect and how we can collectively solve the issue.

**Talk to friends and family members** about how we can all age well and reduce risk of abuse with programs and services like improved law enforcement, community centers, and public transportation.

**Prevent isolation.** Call or visit our older loved ones and ask how they are doing regularly.

**Provide respite breaks** for caregivers.

**Spread the word** that World Elder Abuse Day is June 15th and Grandparents Day is Sunday, September 12th to bring awareness.

**Encourage our bank managers** to train tellers on how to detect elder financial abuse.

**Ask our doctors** to ask all older patients about possible family violence in their lives.

**Contact a local Adult Protective Services or Long-Term Care Ombudsman** to learn how to support their work helping older people and adults with disabilities who may be more at-risk.

**Ask religious congregation leaders** to give a talk about elder abuse at a service or to put a message about elder abuse in the bulletin.

**Volunteer** to be a friendly visitor to a nursing home resident or to a homebound older person in our community.

For more information contact:

Helen Gray  
Elder Abuse Prevention Coordinator  
Saint Regis Mohawk Tribe  
Office for the Aging  
(518) 358-2963





# Wisdom Warriors Workshop

*Learn how to Live a Healthy Life with Chronic Conditions*

Do you struggle making commitments to improve your health issues? Get the tools to meet your goals. Learn how to manage your health condition in a supportive group setting.

In the 6 week classes you will learn about the mind-body connection/distraction, getting a good night's sleep, how to create action plans, dealing with difficult emotions, fall prevention, pain and fatigue management and much more!

Classes will be held on Microsoft Teams virtual classrooms. Once a week for 6 weeks. If you are interested in the class we can help you with getting connected.

How do you join? Call instructors Helen Gray or Katie Boots-Lazore at (518)358-2963. We are looking to host the workshops on Wednesday's at 10:00 a.m. but if that time doesn't work for you, we are willing to adjust, just let us know.



## *More Tools You will Gain!*

- ✓ Physical Activity
- ✓ Medication Information
- ✓ Decision Making
- ✓ Action Planning
- ✓ Breathing Techniques
- ✓ Understanding Emotions
- ✓ Problem Solving
- ✓ Using Your Mind
- ✓ Sleep
- ✓ Communication
- ✓ Healthy Eating
- ✓ Weight Management
- ✓ Working with Health Professionals





# Exercise and Stress

## When you feel stressed, Exercise your stress away

If you are stressed out, you probably know it. But did you know that exercise is one of the best ways to deal with stress?

### Exercise helps your mind and body!

- ✓ Stress produces chemicals in your body that make you feel edgy and tense. Your heart beats faster. Your muscles tighten. You breathe harder and your blood pressure goes up.
- ✓ Exercise reduces stress-related chemicals in the body. It can reduce muscle tension and take your mind off problems.

### Choose activities you'll enjoy.

- ✓ The type of activity that will best relieve your stress depends on your personality and lifestyle.
- ✓ If you usually do quiet activities, vigorous exercise may be best. If you are active, calming exercise may be better.
- ✓ Remember, one of the stress-reducing benefits of exercise is that it's fun. Choose an activity you'll enjoy.

### Use aerobic exercise to relieve stress and help you feel energized.

- ✓ For most of us, aerobic exercise (the kind that raises your heart rate) is the best all-around stress reducer.
- ✓ Try adding aerobic exercise into your daily life.
  - Take regular walks.
  - Swim, jog or ride a bike.
  - Turn household chores like mopping or raking into a workout.
- ✓ To get the stress-reducing benefits of aerobic exercise, work out hard enough that you lightly sweat and that your heart beats faster, but not so hard that you can't talk while you are exercising.

### Reduce tension with calming exercise.

- ✓ If you're the type of person who is always on the go, calming exercise may be a good stress reducer for you.
- ✓ Calming exercises reverse your body's stress response. Your breathing and heart rate slow and your muscles relax.
- ✓ Add calming exercise to your daily routine.
  - Take breaks to stretch.
  - Stroll around your neighborhood after dinner.
  - Relax with a yoga video.
  - Enroll in a tai chi class.



### Do you find competition stressful?

- ✓ Some people find competitive sports like softball or basketball are great for relieving stress. Doing these activities not only offers you the chance to exercise and socialize, but may also help take your mind off your problems.
- ✓ If you find competition stressful, however, skip team sports and consider a non-competitive activity.

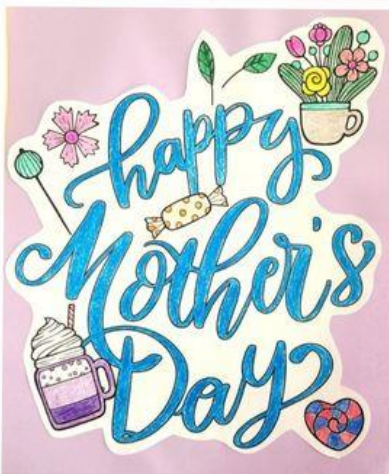
### Take exercise breaks when your feeling stressed.

- Having a tough day at work? Take a walk on your break.
- Feeling hot under the collar? Go for a swim.
- Do you like music? Dance, dance, dance your stress away.
- Don't have enough time for your family? Take a bike ride with your grandkids.
- ✓ Try for 30 to 60 minutes of physical activity on most days. (add up 10 minutes here and 10 minutes there to make your total.)
- ✓ If you can't exercise that much, don't stress out! Do what you can. Even a little exercise can help!

### Make stress-reducing exercise part of your routine.

#### Exercise to reduce stress!

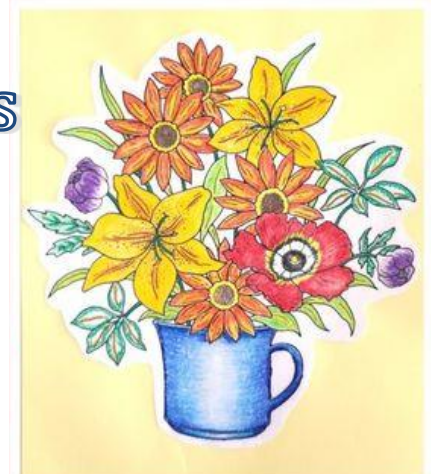
Stress causes many health problems. It contributes to heart disease, high blood pressure, accidents, depression and back pain. Some scientists think it's the underlying cause of as many as 70 percent of all visits to family doctors. Exercise is one good way to reduce stress. Look inside to find how exercise can help you lower your stress.



## May Coloring Contest Winners

Winners are Betty Kelly and Cecelia King! They both graciously donated their prizes to Clark Lazore. He will receive a \$50.00 gift card to Bears Den, his favorite restaurant.

Our next contest will start June 1st and end June 15th at 12:00 p.m.





## June: National Fruit & Vegetable Month



Fruits and vegetables are an important part of a healthy diet. Your local markets carry a wide variety of nutritious fresh fruits and vegetables. As you enjoy fresh produce, follow these safe handling tips when purchasing and preparing.

- Choose produce that is not bruised or damaged.
- When buying pre-cut, bagged or packaged produce such as watermelon or bagged salad greens choose only those items that are refrigerated or surrounded by ice.
- Bag fresh fruits and vegetables separately from raw meat, poultry, and seafood when packing them to take home from the market.
- Store perishable fresh fruits and vegetables like strawberries, lettuce, herbs, and mushrooms in a clean refrigerator at a temperature of 40 degrees Fahrenheit or below.
- Refrigerate all produce that is purchased pre-cut or packaged.
- Wash cutting boards, dishes, utensils, and countertops with soap and hot water between preparing raw meat, poultry, and seafood and preparing produce that will not be cooked.
- If possible, use one cutting board for fresh produce and one for raw meat, poultry, and seafood.
- When preparing fresh produce wash your hands for at least 20 seconds with soap and warm water before and after preparation.
- Cut away any damaged or bruised areas before preparing.
- Wash produce thoroughly under running water before preparing. Soap or detergents are not recommended. Even if you do not plan to eat the skin, it is still important you wash produce first so dirt and bacteria are not transferred from the surface when peeling or cutting.
- Scrub firm produce, such as melon and cucumbers, with a clean produce brush.
- After washing, dry with a clean cloth or paper towel.

### **Cucumber bites:**

1. Slice cucumber lengthwise (preferably English cucumber). Using a spoon, scoop out seeds leaving a small dip.
2. Fill the dip with cottage cheese and top with fresh berries.
3. Slice and serve.



*If you have questions , feel free to contact SRMT Office for the Aging @ 358-2963 Lisa Keyes, RD, CDN*

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*Best Wishes on your Birthday and throughout the coming year!*

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|--|--|--|
| 1- Lois Terrance<br>Glen Hill                              | 14- Diane Garrow<br>Terry Lee Frary                      | 22- Christine Hamelin<br>Phyllis Point                   |
| 2- Mitchell Sunday   | 15- Toni Herne   | 23- Bernice Lazore                                       |
| 3- Kevin King<br>Pat Edwards                               | Verda Tarbell<br>Margaret Snyder                         | 24- "Jake" Ernest Adams                                  |
| 4- Dale Cole<br>Florence Phillips                          | 16- Gilbert Ransom<br>Wanda Jacobs                       | 25- Donald D. Thompson<br>Alma Ransom<br>Theresa Martin  |
| 6- Glen Lazore   | 17- RoseAnn Terrance<br>Connie Thompson                  | 26- Shirley Pitts<br>Mabel Thomas                        |
| 7- Esther Mitchell   | 18- Elizabeth Tarbell<br>Lynn LaFrance                   | 27- Gerald Jacobs  |
| 10- Rita Cree<br>Joe Jock<br>Rose Oakes<br>Doris Sharpsten | 19- Sharon Thompson<br>Susan Hayn                        | 28- Victoria Connors                                     |
| 11- Judy Hemlock-Cole                                      | 20- James R. Lazore<br>Wilbert Tarbell<br>Carl Patterson | 29- Glenda Snyder<br>Leona Thompson-David<br>Peter Angus |
| 12- Isabelle Parks   | 21- Tina Tarbell   |  |
| 13- Janice Tallett   |  |  |

**Bold are Saint Regis Mohawk Senior Club Members**

## Emergency Broadband Benefit

The Federal Communications Commission has launched a temporary program to help families and households struggling to afford Internet service during the COVID-19 pandemic. The Emergency Broadband Benefit provides a discount of up to \$50 per month toward broadband service for eligible households and up to \$75 per month for households on the southern portion of Akwesasne. Mohawk Networks is a participating internet service provider for the program.



Eligible households can enroll by stopping at Mohawk Networks office located at 2819 State Route 95, Bombay NY, their Customer Experience Team has been trained and prepared to assist customers through the application and enrollment process. Households can also enroll directly with the Universal Service Administrative Company (USAC) using an online or mail-in application.

You can learn more about the benefit, including eligibility and enrollment information, by visiting [www.getemergencybroadband.org](http://www.getemergencybroadband.org), or by calling Mohawk Networks office at (518) 358-2105, Monday through Friday, 8:00 a.m. to 5:00 p.m.

**Helping Households Connect During the Pandemic**





**St. Regis Mohawk Office for the Aging**  
**71 Margaret Terrance Memorial Way**  
**Akwesasne, NY 13655**

\*Newsletters may also be received by e-mail

**Phone: 518-358-2963**

**Fax: 518-358-3071**

**Mon-Fri: 8am to 5pm**

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If you are not the Addressee, please  
 notify us of our mistake.  
 To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

## Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:  
[www.srmt-nsn.gov/office\\_for\\_the\\_aging](http://www.srmt-nsn.gov/office_for_the_aging)

**We're Here to  
 Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Housekeeping**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
- **Information & Assist..**